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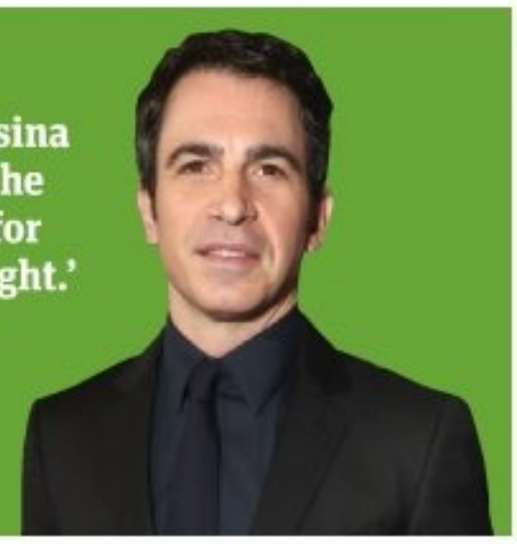
WHAT COULD HAVE BEEN

Macnow looks back at an unforgettable era in Eagles history. 21



Chris Messina puts on the pounds for 'Live by Night.' 16-17

Philly marches for 'revolution of values' on MLK Day. 4

DRESS SMART

Athleisure goes to work. 19

PROVIDED

WIFE OF ORLANDO NIGHT-CLUB GUNMAN ARRESTED

Authorities have arrested the wife of the gunman who killed 49 people at an Orlando gay nightclub last year, the U.S. attorney general said on Monday. The arrest of Noor Salman came seven months after her husband Omar Mateen went on the rampage and was killed by police while holed up in the Florida club. Salman was arrested at her home outside San Francisco, the New York Times reported, citing an unnamed law enforcement official. She faces federal charges of obstruction of justice, and aiding and abetting the attempted provision of material support to a foreign terrorist organization, ABC News reported, citing the FBI and her lawyer. REUTERS

CHINA WILL ACT IF TRUMP CONTINUES ON TAIWAN

China will "take off the gloves" and take strong action if Donald Trump continues to provoke Beijing over Taiwan once he assumes office, two leading state-run newspapers said. In an interview with The Wall Street Journal published on Friday, Trump said the "One China" policy was up for negotiation. China's foreign ministry, in response, said "One China" was the foundation of China-U.S. ties and was non-negotiable. Trump broke with decades of precedent last month by taking a congratulatory telephone call from Taiwan President Tsai Ing-wen, angering Beijing which sees Taiwan as part of China. "If Trump is determined to use this gambit in taking office, a period of fierce, damaging interactions will be unavoidable, as Beijing will have no choice but to take off the gloves," the English-language China Daily said. REUTERS

WELCOME TO METRO.US!

JENNIFER LOGUE, NATIONAL TV EDITOR/ PHILLY FEATURES EDITOR

HBO premiered its newest original series, "The Young Pope," on Sunday night, starring Hollywood megastars Jude Law and Diane Keaton. Even with a solid cast and over-the-top set design, however, the much-hyped show falls flat. Find out why in our review.
metro.us/TV

GETTY IMAGES

5 THINGS YOU NEED TO KNOW

TURKISH CARGO JET CRASHES INTO KYRGYZ VILLAGE, 37 KILLED

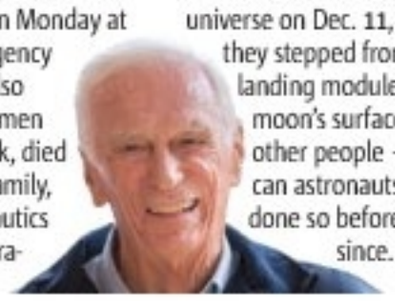
A Turkish cargo jet smashed into a village in Kyrgyzstan on Monday as it tried to land at a nearby airport in dense fog, killing at least 37 people, Kyrgyz officials and the airline said. REUTERS

VIDEO OF MASSIVE GATOR IN FLA. NATURE RESERVE

KIM JOINER/ LAKELAND POLICE FACEBOOK

A massive alligator was spotted walking across an open pathway a few feet away from visitors at Circle B Bar Reserve in Lakeland, Florida. Lakeland Police told NBC 6 that the gator is real. The big gator is seen lumbering across a grassy path as spectators take photos. METRO

LAST PERSON TO WALK ON THE MOON DIES AT 82



Former U.S. astronaut Eugene Cernan, who became the last astronaut to walk on the moon in an experience that he said made him one with the universe, died on Monday at 82, the U.S. space agency said. Cernan, who also was one of the first men to go on a spacewalk, died surrounded by his family, the National Aeronautics and Space Administration said in a statement without giving details. Cernan and fellow Apollo 17 astronaut Harrison Schmitt became members of the most exclusive club in the universe on Dec. 11, 1972, when they stepped from their lunar landing module onto the moon's surface. Only 10 other people — all American astronauts — had done so before and none since. REUTERS

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Windows Pro

Hundreds of people marched to the Mother Bethel AME Church in South Philadelphia on Martin Luther King Jr. Day for a rally on Monday. CHARLES MOSTOLLER

Thousands join 'March for a Better America' on Martin Luther King Jr. Day

Reclaim MLK coalition draws massive support.

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Martin Luther King Jr. Day was celebrated Monday in Philadelphia with volunteer projects, charitable activities and a renewed call for a "revolution of values" to honor the civil rights leader's legacy.

One of the largest events in the city was a march organized by the Reclaim MLK coalition, which calls for King's legacy to be honored through activism and uprising. With days to go before Donald Trump's inauguration as president, the calls took on an increased urgency.

"In his own time, King called for a revolution of values in American society and spoke of 'the fierce urgency of Now,'" said the Rev. Mark Tyler, senior pastor of Mother Bethel AME Church and lead organizer of the march. "Today, as we face many of the same problems, but also greater challenges that have put our most basic democratic institutions under attack, we reiterate his call to organize, to take to the streets, and to fight for a nation [for] all of us."

An estimated 2,500 people attended the "March for a Better America," which began at the President's House slave quarters at Independence Mall and concluded with a rally at Mother Bethel AME Church.

The MLK Day of Action, Resistance, and Empowerment (DARE) Coalition, which organized these events, also released a statement of values asserting "all Americans' civil and human rights."

These included the right to "shared prosperity," including "full employment, a living wage, a guaranteed income, pay equity for women and hunger-free communities;" as well as the right to be free from all forms of racism, including "intentional, unintentional, implicit, explicit, institutional, personal, disparate treatment and disparate impact;" and "the right to care for our common home, Earth."

> *"Today, as we face many of the same problems, but also greater challenges that have put our most basic democratic institutions under attack, we reiterate his call to organize, to take to the streets and to fight for a nation [for] all of us."*
>
> Rev. Mark Tyler

The Rev. Gregory Holston, executive director of Philadelphians Organized to Witness, Empower, and Rebuild (POWER), urged attendees to not despair about the current situation, but to reject "the cynical politics of inequality and exclusion, of hate and division."

A general mood of resistance to the incoming president was evident during the march.

As City Councilwoman-at-Large Helen Gym put it, "Philadelphia and cities like it, energized by the power of the movements for racial, economic, and environmental justice that are sweeping the nation, are building the path forward. We are creating the moral agenda for our time."

What you should know about your neighborhood urgent care

WRITTEN BY
Amy Smith

Did you know that urgent care wait times can be as little as 10 minutes and rarely exceed half an hour? This is a definite perk considering that a busy ER can have wait times that last hours.

Aria, Jefferson Health's newest urgent care site at 800 North Delaware Avenue in Northern Liberties – one of Jefferson's nine regional urgent care locations –offers compassionate and timely service at a reasonable cost for uninsured patients. (Insured patients are responsible for their co-pay.)

The biggest draw here, not surprisingly, is that out-of-pocket costs are generally on the lower side. Debt.org did a side-by-side comparison of a few common medical ailments like acute bronchitis, strep throat, and urinary tract infection. The average emergency room cost for each one was at least four times higher than the average urgent care cost.

There are times, of course, where heading to the hospital is a no-brainer. (We're talking serious injuries here.) But when it comes to accidents and falls, sprains, broken bones, stitches, fever, flu, common infections and the like, facilities like Aria – Jefferson Health's Urgent Care are an ideal one-stop shop. You can expect everything from X-rays to blood work to diagnostic testing and more.

This comes in especially handy for common colds. How many times have you found yourself sick only to discover that your primary care physician doesn't have any openings for a week? Instead of waiting it out in agony, the majority of urgent care settings can get you in and out in less than 30 minutes. (Many, including Aria – Jefferson Health's location, are open seven days a week.)

What's more, Aria – Jefferson Health's Workers Comp program currently offers six locations, with more coming in the months ahead. Shorter wait times mean less down time for workers, plus follow-up happens right at the urgent care site.

The takeaway message is that many urgent care centers are

equipped to handle a wide array of medical problems, from sore throats to broken bones and (almost) everything in between. Aria – Jefferson Health's Urgent Care also boasts a physician-led team, meaning that in many cases you can expect to be treated by a doctor instead of a nurse practitioner.

It's little wonder that with rising medical care costs, urgent care centers are continuing to attract low-risk patients away from the ER.

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TEENAGER KILLED

Police: Teenager fatally shot inside father's West Philly store

A teenager was shot and killed Sunday afternoon in his father's West Philly store, authorities said.

Sean Jones, 16, was sitting inside Gary Global Links Video Productions on the 200 block of North 52nd Street, when someone entered the store shortly before 1 p.m. and opened fire, police said.

The teen was hit once in the head before the gunman fled, NBC10 reported.

Jones was transported to the Children's Hospital of Philadelphia, where he died from his wound a short time later.

Sean Jones
TWITTER/@ @6ABCJEANNETTE

Jones and his older brother, Shaquille, recently emigrated from Jamaica, Shaquille told 6ABC. Their father worked for several years in the U.S. to bring his family to the states.

No arrest has been reported.

Philadelphia police has obtained security footage of the gunman entering the store, but that has not been released yet.

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"Little Nicky" Scarfo, after being found not guilty. Phillip Leonetti, left, Scarfo's nephew, looks to his uncle as he too was cleared of all charges on Oct. 2, 1980. GETTY IMAGES

Former South Philly mob boss 'Little Nicky' dies in prison at 87

Notorious Philly underworld figure dies on prison operating table.

SAM NEWHOUSE
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sam.newhouse@metro.us

A former mafia boss who ruled South Philadelphia during the bloody 1980s died in prison over the weekend, authorities said Monday.

Nicodemo "Little Nicky" Scarfo, 87, died at a federal medical center in North Carolina on Jan. 13 of various health conditions, after serving nearly 20 years in prison.

Scarfo was serving a 55-year sentence for racketeering and murder after being convicted in 1988 along with 16 fellow defendants, reported George Anastasia, a Philly mafia historian, at Bigtrial.net.

Various accounts of his life and alleged exploits say Scarfo ruled South Philly from Atlantic City during a particularly bloody period in local mob history.

Scarfo allegedly rose to prominence after a violent shakeup of mob leadership in the early 1980s. Mob boss Angelo Bruno was shot to death in his car in 1980, and his successor, Philip "Chicken Man" Testa, was blown up by a mail bomb a year later. That set the stage for Scarfo to take over.

While he was in power, an estimated 25 other Mafiosi were executed, "most on orders of the diminutive, five-foot-three mob boss,"Anastasia wrote.

Scarfo's concrete pouring company in Atlantic City boomed with the casino business. CNN reported that investigations in the 1980s claimed that Donald Trump had his Atlantic City casino, as well as some of his New York condos, partly constructed by Scarfo's company.

But the feds eventually caught up with Scarfo, who allegedly was heavily involved with the narcotics trade. Under pressure, many of his associates chose to cooperate with federal prosecutors. Those included Scarfo's nephew, Philip Leonetti, who has since been released into the federal witness protection program, according to Anastasia, and wrote "Mafia Prince," an account of his life in La Cosa Nostra.

Scarfo's son, Nicodemo Jr., was himself sentenced to 30 years in prison in 2015 on federal charges of extorting a Texas-based financial services company.

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Americans are having sex about 58 times a year (barely more than once a week) and there are a growing number of sexless relationships. Studies have shown that sexless relationships are more likely to be unhappy and potentially end In separation and divorce.

So why do couples start having less sex or stop having sex at all? The top two reasons men stop having sex with their partners is because they are not adventurous enough and/or don't seem to really enjoy it. While women report a lack of emotional connection as the most important aspect.

There is no "normal" when it comes to sex and sexual expression. Each person and relationship is unique. The therapists at PhIIRST are highly trained therapists and are able to specialize treatment to the individual or relational needs.

Couples often find It very challenging to talk about sex. It is typically beneficial to have an expert therapist to help talk through the issue around sexuality and develop ways to create greater intimacy and sexual fulfillment.

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Istanbul New Year's nightclub attacker caught

The gunman suspected of killing 39 people in an Istanbul nightclub on New Year's Day has been caught by police in the city's Esenyurt district, the Hurriyet newspaper website and other media reports said on Tuesday.

The man, who media quoted police as saying had operated under the cover name Abu Muhammed Horasani, was caught in a hideout with his four-year-old son, Hurriyet said. The reports could not immediately be confirmed.

Dozens of people have previously been detained in connection with the attack for which Islamic State has claimed responsibility, saying it was revenge for Turkish military involvement in Syria.

On Jan. 1, the attacker shot his way into the Reina nightclub then opened fire with an automatic rifle, reloading his weapon half a dozen times and shooting the wounded as they lay on the ground.

The Turkish national flag is hung over a police sign. GETTY IMAGES

Turks as well as visitors from several Arab nations, India and Canada were among those killed in the attack.

Horasani was described as being of Uzbek origin by the Haberturk website, which said he was caught at a housing complex in Esenyurt district, on the European side of the city.

There were three people in the apartment where he was caught, the home of a Kyrgyz friend of his to which he had gone three days earlier, Haberturk said.

According to state-run Anadolu news agency, five people were detained in the operation, including the alleged perpetrator, a man of Kyrgyz origin and three women. It said simultaneous raids were being conducted on other cells linked to the group.

The shooting in Istanbul's Ortakoy neighborhood, an upscale district on the Bosphorus shore, came after a year in which NATO member Turkey was shaken by a series of attacks by radical Islamist and Kurdish militants and by a failed coup.

One security source said in the wake of the attack that the gunman appeared to have been well-versed in guerrilla warfare and may have trained in Syria.

President Tayyip Erdogan has said the attack, which targeted a club popular with local celebrities and moneyed foreigners, had been being exploited to try to divide the largely Sunni Muslim nation. REUTERS

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Martin Luther King's daughter says 'God can triumph over Trump'

Martin Luther King's daughter said Monday that "God can triumph over Trump," but the slain civil rights leader's son struck a conciliatory tone after meeting with the president-elect on the U.S. holiday that honors their father.

The comments by the children of King, who championed racial justice until he was assassinated in 1968 at the age of 39, punctuated an imbroglio involving Donald Trump and African-American Congressman John Lewis that broke out over the weekend.

The dispute started when Lewis, 76, a contemporary of King's who endured beatings and jail time in the civil rights movement of the 1960s, said in a televised interview that he saw Trump's election as illegitimate because of Russian interference in the campaign. That drew a scornful response from Trump.

Bernice King, King's youngest daughter, told a gathering at Ebenezer Baptist Church in Atlanta not to give up hope and "Don't be afraid of who sits in the White House."

"God can triumph over Trump," she said, drawing a standing ovation, one of several times she was interrupted by thunderous applause.

The service at the church where King once preached takes place every year on Martin Luther King Jr. Day, a federal holiday honoring his life. This year the holiday fell days before Barack Obama ends his second term as the country's first African-American president. Trump takes the oath of office as his successor Friday.

Bernice King GETTY IMAGES

Obama and first lady Michelle Obama spent part of their last MLK Day in office helping paint a mural in the "community room" of a Washington shelter, to which they donated a play set used by their daughters when they arrived at the White House in 2009. REUTERS

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CROWLEY OUT

Transition official: Trump pick for NSC post Crowley to step down

Monica Crowley, the foreign policy adviser tapped for a White House job under President-elect Donald Trump, will relinquish the post, a transition official told Reuters on Monday.

Crowley had been chosen to serve as senior director of strategic communications at the National Security Council. Her appointment had been shadowed by reports of plagiarism in news outlets including CNN and Politico.

"After much reflection I have decided to remain in New York to pursue other opportunities and will not be taking a position in the incoming administration," she said in a statement quoted by the Washington Times.

"I greatly appreciate being asked to be part of President-elect Trump's team and I will continue to enthusiastically support him and his agenda for American renewal."

Crowley GETTY IMAGES

A CNN review found this month that Crowley plagiarized thousands of words of her 2000 dissertation for her Columbia University Ph.D.

In addition, Politico reported that it found more than a dozen examples of plagiarism in Crowley's Ph.D. dissertation.

She had been hired to work for Trump's national security adviser, retired General Michael Flynn, who said in a statement quoted by The Times that he will miss the opportunity to have Crowley on his team.

REUTERS

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Germany says NATO concerned about Trump 'obsolete' remark

German Foreign Minister Frank-Walter Steinmeier GETTY IMAGES

Trump, who is due to be sworn in as president on Friday, said NATO was obsolete because it had not defended against terrorist attacks.

Germany's Foreign Minister said on Monday that U.S. President-elect Donald Trump's comments that NATO was obsolete had aroused concern across the 28-member alliance.

Frank-Walter Steinmeier, speaking after a meeting with alliance Secretary-General Jens Stoltenberg in Brussels, said Trump's remarks contradicted views expressed by designated Defense Secretary James Mattis. He spoke also of "amazement".

"I've spoken today not only with EU foreign ministers but NATO foreign ministers as well and can report that the signals are that there's been no easing of tensions," Steinmeier told reporters when asked about Trump's interview with Bild newspaper and the Times of London.

He said also he had always had "great respect" for German Chancellor Angela Merkel, but criticized her 2015 decision to allow in a wave of a million migrants as a "catastrophic mistake" that opened the door to terrorist attacks.

U.S. Secretary of State John Kerry said it was "inappropriate" for Trump to weigh directly into the politics of another country by his remarks.

"Obviously the comments from President-elect Trump, that he views NATO as obsolete, were viewed with anxiety."

Steinmeier

"He will have to speak to that, as of Friday he is responsible for that relationship."

NATO has been seen since the 1950s as the keystone of western European defenses, extending its zone of activity in the post-Cold War period to the borders of Russia - much to Russia's chagrin. The alliance's founding treaty commits members to consider an attack on any one state as an attack on all.

A Kremlin spokesman said he agreed with Trump that NATO, characterized by Russian officials as a hostile remnant of the Cold War, was obsolete.

Germany's transatlantic coordinator, Juergen Hardt, told Reuters he did not expect Congress to allow Washington to give up its leadership role in NATO.

He said key U.S. lawmakers, including Senate Armed Services Committee Chairman John McCain, had told him several weeks ago they expected Washington to remain a reliable partner in the 28-nation bloc, and he did not expect Trump to reverse the deployment of 4,000 U.S. troops to Poland. REUTERS

U.S. Marines walk after landing on Monday in Stordal, Norway. GETTY IMAGES

Hundreds of US Marines land in Norway, irking Russia

Some 300 U.S. Marines landed in Norway on Monday for a six-month deployment, the first time since World War Two that foreign troops have been allowed to be stationed there, in a deployment which has irked Norway's Arctic neighbor Russia.

Officials played down any link between the operation and NATO concerns over Russia, but the deployment coincides with the U.S. sending several thousand troops to Poland to beef up its Eastern European allies worried about Moscow's assertiveness.

Marines from Camp Lejeune in North Carolina landed at a snow-covered Vaernes airport near Trondheim, Norway's third-largest city, where temperatures were reaching 28 degrees.

U.S. troops are to stay in Norway for a year, with the current batch of Marines being replaced after their six-month tour is complete.

A spokesman for the Norwegian Home Guards, who will host the Marines at the Vaernes military base, about 900 miles from the Russian border, said the U.S. troops will learn about winter warfare.

"For the first four weeks they will have basic winter training, learn how to cope with skis and to survive in the Arctic environment," said Rune Haarstad, a Home Guard spokesman. "It has nothing to do with Russia or the current situation."

In March the Marines will take part in the Joint Viking exercises, which will also include British troops, he added.

The Russian Embassy in Oslo did not immediately reply to a request for comment by Reuters on Monday. It questioned the need for such a move when it was announced in October.

"Taking into account multiple statements of Norwegian officials about the absence of threat from Russia to Norway we would like to understand for what purposes is Norway so ... willing to increase its military potential, in particular through stationing of American forces in Vaernes?" it told Reuters at the time.

A spokeswoman for Norwegian Ministry of Defense also said the arrival of U.S. Marines had nothing to do with concerns about Russia.

However, in a 2014 interview with Reuters, Norway's Defense Minister Ine Eriksen Soereide said Russia's annexation of Crimea showed that it had the ability and will to use military means to achieve political goals.

REUTERS

CEASEFIRE

Syrian rebels to attend peace talks in Kazakhstan

Syrian rebel groups have decided to attend peace talks backed by Russia and Turkey in Kazakhstan to press for full implementation of a ceasefire they say has been widely violated by the government and its Iranian-backed allies.

Russia, President Bashar al-Assad's most powerful ally, set the new diplomatic effort in motion after Syrian rebels suffered a major defeat last month by losing control of districts of eastern Aleppo they had held for nearly four years.

The United States, which led failed efforts to launch peace talks last year, has not been involved in the latest diplomacy.

Assad has already said his government is ready to attend the talks. After winning ground with Russian and Iranian military support, he looks stronger than at any point in the war.

The rebels took the decision at meetings underway in Ankara, and are now working to form a delegation that will be headed by Mohammad Alloush, the head of the political office of Jaish al-Islam rebel group, Alloush told Reuters. He said the rebels were going to Astana to "neutralize the criminal role" of Iran.

Analysts believe the rebels have been under pressure from Turkey, one of their main sponsors, to attend. Earlier this month, they called off any talks on their participation in the Astana meeting over what they said were government violations of a ceasefire brokered by Russia and Turkey.

Turkey's priorities in Syria appear to have shifted away from toppling Assad towards combating Kurdish groups and Islamic State in areas of northern Syria near its border. Its ties with Russia have also improved in recent months. REUTERS

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At least five dead in shooting at Mexico music festival

The BPM festival, which was entering its 10th year, has grown to be one of the biggest electronic music events in the world.

Mexican police agents patrol near a nightclub in Playa del Carmen, Quintana Roo state, Mexico, where at least five people were killed. GETTY IMAGES

At least five people, including four foreigners, were killed and 15 were wounded early on Monday when a shooter opened fire at a nightclub in Mexico's Playa del Carmen resort during the BPM electronic music festival, state officials said.

Quintana Roo State Attorney General Miguel Angel Pech told a press conference that two Canadians, an Italian and a Colombian were killed. A woman died in the stampede to exit the club.

Pech said the incident began when a person entered the Blue Parrot nightclub armed around 3 a.m. on Monday morning, during the closing of the festival. Another person tried to stop the person, sparking a gunfight that drew in security staff.

The shooting represents a major blow to Mexico's tourism industry, which has been one of the few bright spots in the economy thanks to a weak peso exchange rate.

Pech added that 15 people were injured, of whom 10 are still in the hospital. The state government said in a statement that one person was in grave condition. Four people were arrested on suspicion of being involved in the incident.

Pech said two of the dead were BPM security workers but the festival said in a statement that three members of their security team were killed. BPM said the shooting was carried out by a lone shooter.

Quintana Roo and the surrounding Yucatan peninsula have traditionally been less violent than other parts of Mexico, with relatively low murder rates. However, with many foreign tourists and a vibrant nightlife scene, there has long been an important local drug market in and around Playa Del Carmen. REUTERS

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Is Ariana Grande engaged?

ALL PHOTOS GETTY IMAGES

They were "side by side" in the steamiest music video of 2016, but are Ariana Grande and boyfriend Mac Miller ready to make it official?

Grande, 23, and Miller, 24, have only been dating (Instagram officially, anyway) since early September, but some new snaps on her Instagram have sparked engagement rumors. On Sunday, the "Into You" singer posed in a black leotard, fishnet stockings and high heels — and a diamond sparkler on her left ring finger.

Given that Grande often uses her Instagram to share big news with her fans rather than the usual gossip channels, this could be legit. And the pair fairly set the internet on fire last year with their video for their duet, "My Favorite Part," which Miller has said was inspired by her.

Grande is about to set off on her "Dangerous Woman" tour, too, and a promise like that would go a long way to help them cope with being apart. They may be young, but when it's right, it's right.

Suki Waterhouse and Diego Luna might be dating

Seems that former Bradley Cooper flame Suki Waterhouse has had enough of "silver linings" and is all about "The Force" these days. TMZ posted photos of the 25-year-old canoodling in paradise with "Rogue One" star Diego Luna on a recent trip to Tulum, Mexico.

The 37-year-old actor and Suki recently co-starred in cannibal thriller "The Bad Batch" alongside Jim Carrey, Keanu Reeves, Jason Momoa and Giovanni Ribisi. No word on when the relationship kicked off or if they're even official, and the Tulum Instagram posts from the Brit "it girl" model are currently Diego-free.

But thanks to those privacy-violating paps — you can't say, "Pics or it didn't happen."

the word

Kourtney Kardashian and Justin Bieber might be dating, too

New year, new (rumored) couple: Kourtney Kardashian and Justin Bieber, who spent a night out in West Hollywood over the weekend. The "KUWTK" reality star and "Sorry" singer — who were first rumored to be romantically involved back in 2015 — were spotted together at The Peppermint Club and then later the same evening at Delilah.

Kourtney wore a see-through black lace bra, while Justin kept it casual in a gray sweatshirt and denim hat. Honestly, ew to both of those looks, but at least Kourt has an excuse: She was coming from (Jessica Alba's hubby) Cash Warren's birthday party, "Pajama jammy jam."

Meanwhile, Justin is allegedly talking smack about his ex, Selena Gomez, hooking up with The Weeknd. Sources tell TMZ he claims she's "using" the "Party Monster" singer to promote an upcoming collab — and that she did the same thing back with Zedd and himself before duets dropped.

Speaking of suspect musically inclined relationships, we hear J-Lo and Drake are on the rocks …

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Don't give up on love or your resolution before the year is over. PIXABAY

How not to break your resolution for love

Single and Swiping

LAURIE DAVIS

One of the most popular New Year's resolutions is to make a romantic connection with someone.

Often resolutions are executed with force. There are goals set and metrics to be met. But when it comes to love, that doesn't work. You're not trying to lose weight — you're looking for a partner. This resolution is unlike the others.

Here's how to approach finding love in the new year:

Don't set a deadline

One of the ways that people use "force" is by setting a timeline. It could be a goal you say out loud, or perhaps something you've just daydreamed about like, "I want to meet someone by my birthday." But either way, the timeline is set. What happens is the closer you get to the deadline, the more anxious you feel. And when you're anxious about love, your behaviors change and it curbs your potential. For example, you may get clingier or try to speed up the pace of a relationship — leaving your date more likely to bail. Remember that love can't be scheduled. The only thing in your control are the actions you take and connections you create.

Create consistency

After helping hundreds of people find love, the one thing I've found that will help you meet the right person is consistency in your actions. For example: Message 10 new people a week, or swipe for 15 minutes per day. Often, we are so passionate about our resolution that we burn out on it in one or two months. So make it sustainable — something you won't have to give up on part way through the year if you haven't met someone yet. Consistency in your actions creates consistency in your dates. And all of that energy turns into momentum toward meeting the one.

Revisit your "why"

Many resolutions lose steam when we lose touch with why it was important to us in January. So ask yourself now: Why is this something you chose? Check-in with yourself throughout the year so you don't end up setting this same intention come 2018.

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Chris Messina bulks up

The actor talks about what it was like to gain 40 pounds for "Live by Night."

MATT PRIGGE
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In Ben Affleck's "Live by Night," Chris Messina gets to do something he's never done before: Play a cackling, trigger-happy gangster. Messina's Dion is the right-hand man of Affleck's Joe Coughlin, a WWI veteran-turned-bootlegger who finds himself creating a rum empire in 1920s Tampa. Messina knows you usually see him as a decent guy, whether in "Argo," "Julie & Julia" or on "The Mindy Project." That's why he was so stoked to get a Tommy gun — and gain some 40 pounds for the role.

Chris Messina gained a lot of weight to play Dion, the tommygun-wielding right-hand man of Ben Affleck's gangster in "Live by Night," now in theaters. WARNER BROS. PICTURES

You wouldn't think from the roles you've played that you were hoping to be Cagney or De Niro.

Most of my career I've been cast as a nice guy. It was nice that a director had some creativity and said, "You know, there are other sides to this actor."

You've played a couple unlikable or sometimes mean characters before.

But I'm always mean in

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a white-collar, Republican way, at least in the bigger movies. But this is a big one. I get a Tommy gun, you know?

You also gained 40 pounds for the role.
The character in the book is described as "round." He's a big guy. I thought I should be heavy next to Ben Affleck, who's really tall and wide-shouldered. I couldn't make myself taller. So I gained weight. I went to a camera test and he saw that I gained weight. He loved it. I wanted to make him happy, so I went further. At the end of the film I was 202 pounds. As a wrap gift he paid for a trainer to help me lose it.

Put side by side, you two almost look like Laurel and Hardy.
That's what I was thinking. I was also looking at Capone and that look. It goes with the idea that those gangsters thought, "I'm gonna eat what I want to eat, I'm gonna drink what I want to drink. I'm gonna smoke cigars, I'm gonna drive the cars, I'm gonna get the ladies." The only problem is we had a few additional shots after we wrapped, so I had to get a fat suit. When I was fat, it affected the way I walked. I carried my gait differently. I was out of breath a lot. All that stuff I loved. Then with the fat suit I just didn't feel like the character.

GETTY IMAGES

It sounds like it was fun to gain all that weight.
It was four months of beers, pizza, pasta, ice cream and french fries. When I was at work I was respected, I was placed on a pedestal. And then when I was dropping off my kids at school, I was looked at like, "What happened?" [Laughs] I felt kind of gross at school; at work, I felt proud.

Did your body totally rebel against you afterwards?
My stomach was shattered for months afterward. But you know, I'm a pretty skinny guy. My body just wants to be skinny. My body is like, "This is where we like you."

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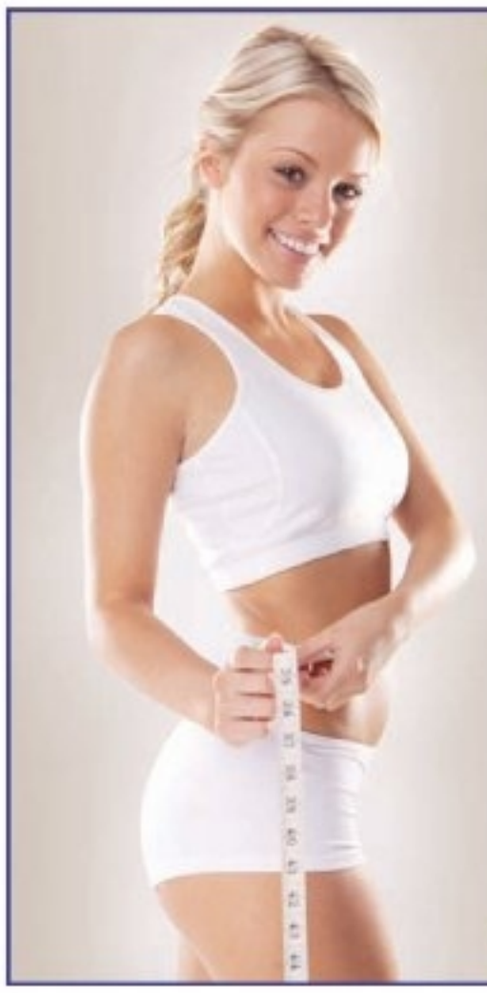
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From left, Sid Vicious, Paul Cook, Johnny Rotten and Steve Jones as the Sex Pistols VIRGINIA TURBETT, REDFERNS

Never mind the nostalgia

The guitarist of the Sex Pistols — the first, and most notorious, punk band — has a candid new memoir.

A.D. AMOROSI
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If ever there was a musician who can say, "I did it first," it is the Sex Pistols' Steve Jones.

The cocksure guitarist — with Johnny Rotten, Sid Vicious (RIP) and several other members — kicked off the British punk movement with the singles "Anarchy in the U.K." (1976) and "God Save the Queen" (1977), to say nothing of their single full-length album, "Never Mind the Bollocks, Here's the Sex Pistols."

Since the Pistols broke up after just two and a half years in 1978, Jones has played guitar for Iggy Pop, appeared in the Showtime series "Californication" and currently hosts a radio show on LA's KLOS 95.5 FM. He's also penned a long-awaited autobiography, "Lonely Boy: Tales of a Sex Pistol" that finds him discussing, along with music and mayhem, his multiple chemical addictions, abusive childhood, kleptomania, and how he conquered them all.

How would you describe the impact of the Sex Pistols?

Well, it all came from us, right, punk? We did one album and I don't think there's another one like that that had so much meaning. Or impact. Definitely it was one of those albums and one of those times that shifted gears from the norm.

It's pretty clear from "Lonely Boy" that you don't yearn for the old days.

I'm just not a nostalgic guy about anything. I just want to move forward, really. I don't get attached to things. I sell everything that I have. My relationships are brief except for those with my closest oldest friends, I'm just not Mr. Nostalgia, alright?

Who do you think shares the rebellious edge the Pistols had?

I mean, there are good punk and bad punk bands, new and old. I've interviewed Pete Townsend and Iggy Pop on the radio show. I still love my old Eddie Cochran records.

In the book, you talk about hooking up with Chrissie Hynde of The Pretenders and bandmate Sid Vicious' notorious girlfriend, Nancy Spungen. What do you recall about them?

Chrissie's in the book. Nancy — just bad vibes really, just bad vibes, man.` She was pushy. She wanted to be famous. She was hard with nothing to offer. She was not someone you really wanted to hang out with. Yet, I'm sure that underneath all that bullshit, there was a sweet girl somewhere. She just seemed like such a lost soul who wanted to do something with her life in an odd way.

Malcolm McClaren was the Pistols' manager, who notoriously stole money from you guys. Yet, you have a soft spot for him in the book, why?

Malcolm was not everybody's cup of tea, but he was lovely to me and intelligent too, a real intellectual. What I liked is that he showed me a different side to life that I never knew prior to that. He was my buddy long before the Pistols started. I know that Malcolm effed things up, but so what? I have a hard time NOT being a fan of his.

A little bling is everything.

Frederico adds structure with a tailored blouse.

Dress up a comfy jumpsuit with heels.

A winter hat will keep you warm and stylish. ALL IMAGES PROVIDED

Putting athleisure to work

Philly stylist Alisa Frederico gives us tips on making the trend office-friendly.

JENNIFER LOGUE
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jennifer.logue@metro.us

In case you haven't noticed, athleisure — casual items like yoga pants, sweatshirts and sneakers serving a purpose beyond getting a great workout — has taken over. But how do you dress up this trend for a fashion-forward look at work? Stylist Alisa Frederico, who runs the brand Dressing Jane, gives us tips on the do's and don'ts of incorporating athleisure into your professional wardrobe.

Find out the rules of your workplace

Every workplace is different, and you need to identify how strict your office dress code is. "If you work in a superstuffy environment, this trend may not be possible," says Frederico. "If you work in a more open environment, you can get away with incorporating leggings and slouchy tees with a cute sneaker."

Leggings are not a replacement for trousers

Your leggings need to be of quality because if they're too thin, you might as well be wearing stockings. Frederico advises that for the office, dark solid colors are ideal. "Black, dark gray, burgundy. Don't wear wild workout pants in a professional environment," she says. "Also, make sure your bum is covered" with something like a long sweater or blazer.

Strike a balance between casual and structured

To make athleisure work for the office, it's important that you keep the look grounded by pairing it with something dressier. "I love doing a sweatshirt with a pencil skirt," says Frederico. "You can even put a blouse underneath a casual sweatshirt."

Accessories play a huge part

Think you're finished once you've layered your clothes? Think again. "You need great jewelry to look polished," Frederico says. "Make sure you have a killer necklace on and a pair of earrings." And if you're the kind of person who is constantly cold, wearing hats is another option. "Slouchy beanies and pom hats are a great way to add to the look," she adds.

Keep your footwear clean

Wearing your everyday gym sneakers to the office is a definite don't. "If you're going to do a trainer or a little sneaker, it should be clean and new — not the pair you just hiked 9 miles in," Frederico says. "I love the Adidas Gazelle. They come in a range of colors and add sleek comfort."

For more style tips, be sure to follow Alisa on Instagram @dressing_jane.

Get the look

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1. & Other Stories Charm Stone Choker, $75, stories.com

2. Lou & Grey Ponte leggings, $49.50, louandgrey.com

3. Adidas Gazelle shoes, $90, adidas.com

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A beginner's guide to self-care

Learn how to be good to yourself in 2017.

KATE MOONEY
@yatinbrooklyn
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"Self-care" has been a buzzword in the wellness and lifestyle community for some time now, especially on social media, where the hashtag accompanies Goop-esque photos of scented candles, yoga poses and acai bowls. This depiction makes it easy to write it off as fluff — an indulgence for those who have privilege and too much time on their hands.

But in this moment of high anxiety, with the threat of political worst-case scenarios and the loss of affordable healthcare becoming a reality, learning to take care of yourself has become essential.

So why does a concept that should be intuitive perplex so many of us?

"Most folks hear 'self-care' and think 'I can't afford to take a week off right now' or 'a bubble bath isn't going to solve my problems'," says Melissa Fabello, a body-acceptance activist and writer based in Philadelphia. As she puts it, self-care is "simply making it a priority in your life to take care of your physical, mental and spiritual health."

There's your new year's resolution, handed to you. Now, how do you get started?

Find your happy place

The first step to practicing self-care is figuring out what makes you feel good, from how you spend your time, to the people you surround yourself with. And those things will be unique to you.

"If you know that a used bookstore on a Sunday morning sounds like heaven to you, make more time to go," says Fabello. "If you know that old friend Suzie brings negative energy into your day, don't answer her phone calls as often."

Develop a better response to stress

Learn to identify the signs of high anxiety and how to address them. If you notice your chest tightening up or your hands getting clammy, stop what you're doing and take a moment to ground yourself,she says. And that doesn't mean leaving your desk to take a 45-minute yoga class.

"Do something small that resets you," she explains, "instead of trying to force yourself through it to the point of tears."

Remember to breathe. "One of the best practices to take care of yourself and your body is to simply deepen your breath, pause, and feel it," says Joanna Andreae, a holistic-health coach and guided-meditation teacher. It doesn't take long, and you can do it anywhere.

"Breathe deeply for three minutes on your commute," she suggests.

Make time for reflection

"I always recommend people journal in some capacity," says Andreae. If you never got into the habit, or the last time was when you were writing "Dear Diary" in grade school, Andreae suggests starting small with a gratitude journal. "Every AM (or PM) while brushing your teeth, jot down three things you're grateful for," she says. "Eventually, this practice shifts your mind-set to a much more positive place."

WHAT IF TO'S EAGLES STINT HAD ACTUALLY WORKED?

THE SPORTS PROFESSOR

GLEN MACNOW
@RealGlenMacnow

CORBIS VIA GETTY IMAGES

Being a sports fan means living a litany of "what-ifs." What if Jerome Brown and Pelle Lindbergh had lived? What if Harold Katz hadn't made those insane trades at the 1986 NBA Draft? What if the Eagles had tackled Joe Jurevicius in that 2002 playoff game?

My all-timer? What if the Eagles and Terrell Owens hadn't divorced?

I think about this because I had the opportunity to question Owens for an hour last week at an executive's club dinner where I played James Lipton. He played T.O.

I've always believed that if T.O. had stayed, the Eagles would have finally won that elusive Super Bowl. Turns out, he feels the same.

"Andy Reid was the best coach I ever played for," he said. "We could have made magic for years."

So why didn't it work out?

Owens' answer there is meandering. He talks of contract issues, a sensational local media and Donovan McNabb's jealousy of T.O.'s popularity. There's certainly a sense of betrayal that McNabb didn't back him in his quest for a new deal, especially after Donovan had publicly endorsed the same for Brian Westbrook.

Owens puts little blame on himself beyond conceding that — looking at it 12 years later — he wishes he'd handled a few things differently. Perhaps no situps in the driveway.

"I loved playing here, with those players and these fans," Owens said. "The biggest regret of my career was not winning a Super Bowl in Philadelphia."

As someone who covered that soap opera, I'll say there was plenty of blame to go around. Eagles ownership should have torn up T.O.'s contract while he was still dripping sweat from that magnificent Super Bowl performance. McNabb should have backed a teammate. And Owens — well, let's face it. There was always the chance of that volatile personality exploding.

Even now he harbors some animosity. I asked him to name his favorite QB from three he played with over his career – McNabb, Jeff Garcia and Tony Romo. His answer? "Ryan Fitzpatrick." Owens and the bearded QB shared one season in Buffalo, which turned out to be the least productive of T.O.'s career.

Owens retired after 15 seasons in 2010. At age 43 he follows a diet and workout regimen that would put most active players to shame. He plays competitive basketball every week and still looks in game shape. Indeed, every time an NFL team loses a receiver, there's T.O. on Twitter (@Terrellowens), publicly flirting with the idea of returning.

Could he really?

"I couldn't do the magic of the old days," he said. "But if a coach knew how to use me properly, spot me in and use my strengths … I could make several big plays a game."

That's not going to happen. The next stop is likely Canton, as Owens is a favorite to make the Hall of Fame this year. You can't argue the numbers — second all-time in receiving yards, fifth all-time in TDs. A more electric, exciting player never existed.

We got a season-and-a-half of that here. Imagine if we'd gotten more.

McConnell is the spark plug Sixers need

Since Brett Brown took over as head coach of the 76ers three-plus seasons ago, players have come and gone in droves.

Some have stayed since the start like Nerlens Noel.

Others came and went quickly like Casper Ware.

During the Brown era, there have been a remarkable 17 — count 'em 17 — point guards donning a Sixers uniform.

Somehow, T.J. McConnell continues to march on and prove his worth. Now in his second season, the undrafted 6-foot-1, 190-pound point guard from the University of Arizona finds new ways to lead the Sixers.

T.J. McConnell GETTY IMAGES

"When you know you're going to be out there for a certain amount of minutes, whether you make mistakes or not, it's a great feeling," McConnell said.

McConnell started his college career at Duquesne, then transferred to Arizona after two years. Despite flourishing for a highly-successful program, McConnell went overlooked by NBA scouts. So he worked out for 16 NBA teams, hoping one would give him a look.

Once he got to Philadelphia, everything fell into place. There's no cliché here: this is truly a dream fulfilled.

"He's a [Pittsburgh] Pennsylvania kid that nobody gave a chance and tripped on an opportunity with a program that's in the rebuild mode on my 17th point guard," Brown said. "You go through that massive volume of point guards and you have somebody that doesn't go away. … There's an injury, and so you give him the ball. He seized the moment, grabbed an opportunity and he ran hard with it. "

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5 Matchups to watch for in NFC, AFC championships

There is little doubt the offenses (and the quarterbacks) are the stars in the NFL's Final Four, which will kick off with a doubleheader Sunday afternoon.

As we prepare for two more weeks of football before a long offseason, here are the five most interesting match ups to pay attention to:

We can't wait for Packers-Falcons, Take 2. GETTY IMAGES

1. Atlanta's offense vs. Green Bay's defense
The Falcons led the entire NFL in points scored per game with 33.8 points. The Packers have the second worst passing defense statistically in the NFL and allow 24 points per game. Matt Ryan, Julio Jones and company should be drooling over the chance to go up against the Green Bay unit.

2. Pittsburgh, New England defenses
Seemingly under the radar, the Patriots and the Steelers have imposingly solid defensive corps, boasting the fewest (15.6 ppg) and seventh fewest (19.7 ppg) in the entire NFL during the regular season. The Pats and Steelers are also each in the NFL's top seven in turnover margin per game.

3. Aaron Rodgers vs. the world
There are plenty of statistics that can be tossed around about Aaron Rodgers and his absolutely inhuman and prolific performance over the last two months, but stats don't really matter when it comes to Rodgers. Whether it's hurling a successful Hail Mary pass with ease against the Giants or an improbably sideline bullet to Jared Cook to shock the Cowboys in Dallas, Rodgers has been unstoppable.

4. Le'Veon Bell vs. New England rush defense
Two of the NFL's best will go toe-to-toe in Foxboro Sunday when Le'Veon Bell tries to run through the Patriots run defense. During the regular season New England allowed fewer than 90 yards per game on the ground. Bell has run for 337 yards over his last two playoff games and in eight regular season games prior has averaged more than 140 yards per game.

5. QBs vs. conference championship game
For all the star power and 10 Super Bowl appearances represented by the four starting quarterbacks still alive, they have historically posted some pretty bad individual numbers in conference championship games. Whether it was due to happenstance or to some kind of pressure-fueled letdown, the numbers don't lie. EVAN MACY

Title game stats

Rodgers: 1-1 record, 55.6 QB rating, 1TD, 4 INT, 211 yards per game
Brady: 6-4 record, 76.3 QB rating, 12 TD, 12 INT, 15 sacks, 237 yards per game
Roethlisberger: 3-1 record, 81.8 QB rating, 5 TD, 5 INT, 222 yards per game
Ryan: 0-1 record, 114.8 QB Rating, 3 TD, 1 INT, 396 yards

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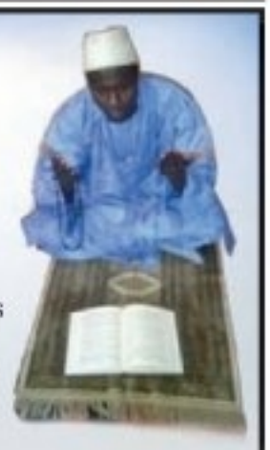

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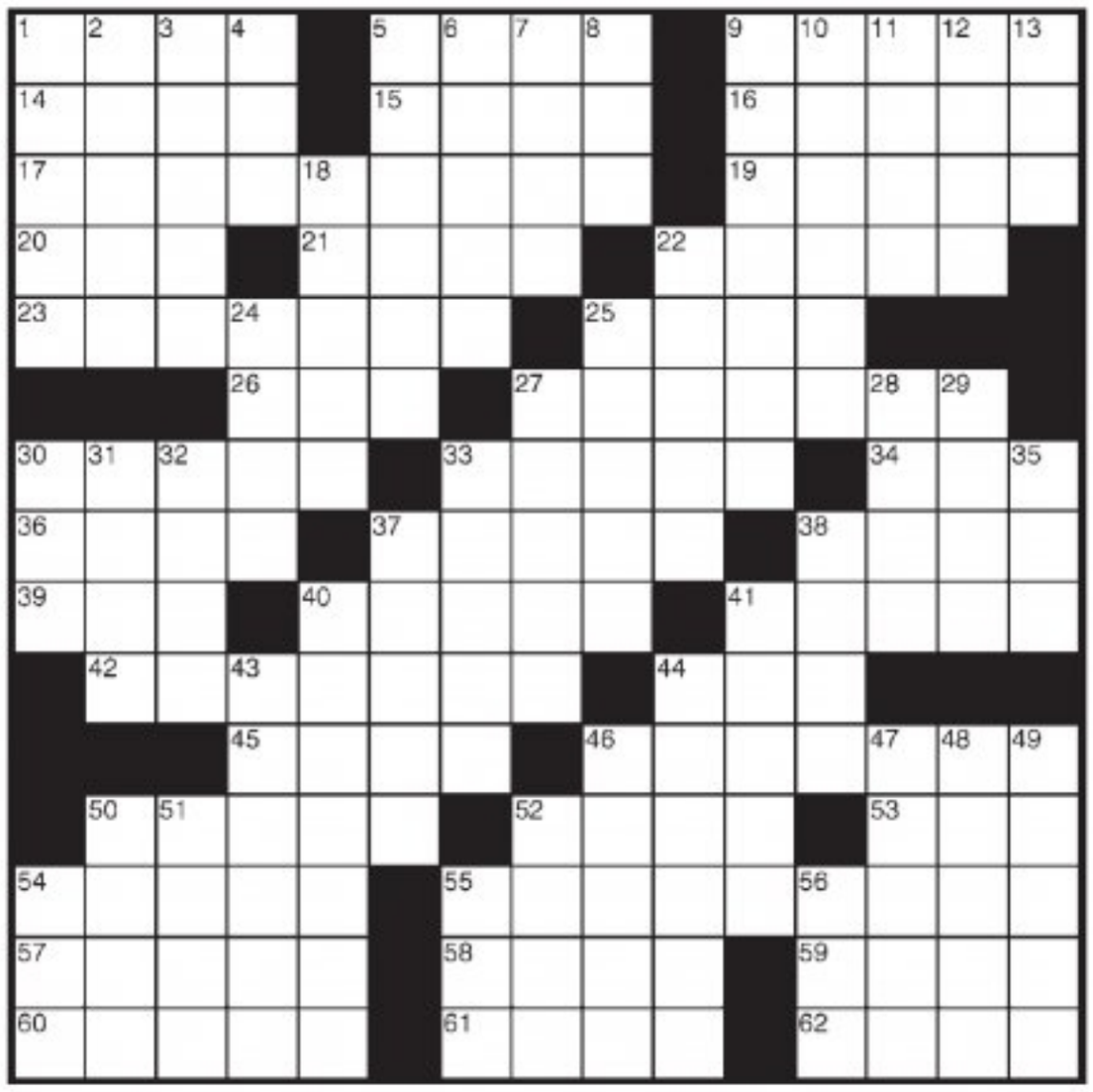
Across

1 Go up in smoke
5 "Just the facts, --"
9 Skinflint
14 Toledo locale
15 Soul, to Pedro
16 Pierre's academy
17 Had an idea
19 Domain
20 Dernier --
21 Zenith
22 Mining tools
23 Makes unhappy
25 Swedish actress -- Olin
26 911 responder
27 Yelled
30 Leg of a race
33 Unisex garb
34 Nanny's pride and joy
36 Baha'i origin
37 Like dishwater
38 Astute
39 Objective
40 Europe's longest river
41 Panorama
42 Heat unit
44 Koan discipline
45 Large lot
46 Darning
50 Get out of debt
52 Ancient ointment
53 Billy -- Williams
54 Lox partner
55 Quacks
57 On -- -- (hot)
58 Cold-cuts seller
59 Crumbles up
60 Untidy
61 Yaks
62 What is more

Down

1 Autumn pears
2 Lieutenant under Kirk
3 Very strict
4 Fruitcake go-with
5 Stoneworkers
6 Low voices
7 Famous last word
8 Riled up
9 Soft wools
10 Polar buildup
11 Overcharge, slangily
12 Pipe fittings
13 "The One I Love" group
18 Us, to Pogo
22 Shaggy flower
24 "Dizzy" of baseball
25 City of lamaseries
27 Blocky heel
28 Really skimps
29 Slim down
30 Narrow inlet
31 Clapton of "Layla"
32 Buddhist monk
33 Eliza portrayer
35 Double helix
37 Excuse me!
38 Warmhearted
40 Outspokenly
41 Hawks
43 Coat feature
44 Focus on (2 wds.)
46 It may be tapped
47 High standard
48 Techies
49 Painter's primer
50 Scarce
51 Self-images
52 Ariz. neighbor
54 Comic-book thud
55 Bride's reply (2 wds.)
56 Edinburgh duo



metro.us/sudoku

easy

2				7			9	6
	1		4				5	
8	5	6		9				
		2	5			1		
			9	8	2			
		4			6	9		
				3		2	8	5
	9				4		7	
6	2			5				9

hard

	8	7					1	4
	1	3			6			
9		2	1	8				
	7				5			
3		4				2		9
			9				4	
				7	8	5		6
			6			4	2	
8	4					7	9	

metro.us/horoscopes

Aries Impulse can land you in a dangerous position. If you want to see things change, go about it the right way. Following protocol will enhance your chances of success.

Taurus You'll feel passionate about your beliefs. Your ability to be articulate and knowledgeable will attract followers. Speak up and take your place as a spokesperson.

Gemini Explore new avenues, but don't break the bank in order to do so. Taking time out for younger or older relatives will show how you can make a difference frugally.

Cancer An emotional situation at home will bring about an unexpected change to your lifestyle or finances. A unique approach to handling such situations is favored.

Leo With a little extra effort, you can reach your goal. A short trip or a visit with someone informative or encouraging will give you the boost you need to forge ahead.

Virgo Interact with people you can relate to. Make a point to share ideas. The results will be good for you as well as your associates.

Libra Emotions will surface, giving rise to confusion and difficulties communicating. Don't force issues. Go about your business and strive to reach personal goals.

Scorpio Take on a challenge that encourages you to strive to be your best. A physical change will turn out better than anticipated. Romance is featured.

Sagittarius Deception and disillusionment will be at the helm of a disruptive situation. Keep your dialogue simple and reflective of the facts, and avoid making assumptions.

Capricorn A sudden change should be looked at carefully, before you agree to comply or take action. Trust your instincts and take your time. Don't feel pressured.

Aquarius Don't overreact to what others say or do. Follow your heart and make the changes that suit your needs. An opportunity to make a financial move looks promising.

Pisces How you handle other people's affairs and questions will determine what you will be offered in return. Keep your suggestions straightforward and practical. EUGENIA LAST

Yesterday's answers

■	D	E	B	■	O	R	Z	O	■	C	O	O	P	■
D	U	T	Y	■	F	E	E	S	■	C	U	T	I	E
I	D	O	L	■	F	L	E	A	B	I	T	T	E	N
S	E	N	A	T	E	■	S	K	Y	■	L	O	D	E
■	■	■	W	A	R	M	■	A	T	T	Y	■	■	■
Q	U	E	S	T	I	O	N	■	E	V	I	C	T	S
U	S	N	■	A	N	T	E	S	■	S	N	A	R	E
A	U	N	T	■	G	I	A	N	T	■	G	R	E	W
D	R	U	I	D	■	F	R	I	E	D	■	E	V	E
S	P	I	C	E	D	■	S	P	L	E	N	D	I	D
■	■	■	K	L	E	E	■	S	E	R	E	■	■	■
C	O	A	L	■	U	T	E	■	G	R	U	M	P	S
C	A	M	E	L	S	H	A	I	R	■	R	E	A	M
S	H	O	R	E	■	O	R	C	A	■	A	N	N	A
■	U	R	S	A	■	S	L	I	M	■	L	U	G	■

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